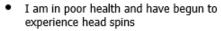
The Thinking Path

Current State



- I often look down and tired and get upset frequently
- My colleagues have complained about my negativity
- My family does not enjoy my presence

I work overtime and often into the night

I often do not show up for family events

and often withdraw when I am at home

I have a poor diet, do not exercise and

drink up to seven cups of coffee a day

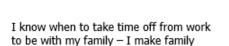


 My colleagues say that they enjoy working with me
 My family case that they enjoy has

I am in good health and receive

excellent check-ups
I look healthy and relaxed

 My family says that they enjoy having me at home



· I eat well and exercise regularly

events a priority

- · I request support from my colleagues
- I acknowledge and apologize when I have snapped at a colleague
- I feel a sense of work/life balance
- I feel grateful for my family
- I maintain my inner balance in face of the pressure
- I feel comfortable and relaxed at work
- I believe that time with my family is a priority
- I believe that I must do my best to reach my goals
- I believe that I can solicit and accept support from my colleagues
- I believe that health is the key to a good life and it needs to be cultivated

Desired State



Results













- I feel constantly out of whack with my family and feel guilt and sadness about it
- I feel dizzy and have tightness in my chest

I am snapping at my colleagues

- I am angry about my job and am upset with my lack of discipline
- I believe that time with my family must be sacrificed for the sake of work
- I believe that I must do whatever it takes to reach my goals
- I believe that receiving help from my colleagues is a sign of weakness
- I believe I can damage my health now and regain it later in life















